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Or visit:

"Winnipeg Cooks Together" ... A  
Handbook for Community Kitchens:

[http://www.wrha.mb.ca/  
healthinfo/prohealth/nutrition/  
resources.php](http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/resources.php)

Vancouver Community Kitchen  
Project:

<http://www.communitykitchens.ca>



Supporting partners



# Community Kitchens



*Cooking up a healthy  
community*

## What is a community kitchen?

A community kitchen is a group of people who regularly meet to cook tasty and healthy meals. Everyone participates in the preparation and all that's needed is an interest in food. Some kitchens:

- Cook and share meal at the site
- Cook meals to freeze for later

Community kitchens are a great way to connect with your neighbors and have a supply of home cooked meals ready for your family in minutes.



## Starting your own community kitchen:

**Contact** interested community members.

**Find** a host kitchen, or suitable community space where a group of 8-10 people can prepare food comfortably and safely. Many people use community centers or churches.

**Gather** suggestions for easy and nutritious recipes that freeze well.

**Set** guidelines and responsibilities for participation.

All members participate equally in food preparation and clean up.

Decide who will be in charge of:

- Purchasing food
- Bringing supplies
- Scheduling kitchen space

## Benefits:

- Get to know others in your community
- Learn new recipes and ways to cook
- Save a lot of money and time
- By cooking ahead you've got great meals on hand and ready for your family even on busy days

